



## Wisdom of the Buddha Modern Times

His Holiness Sakya Trizin, a Buddhist leader in the Tibetan tradition will share insight and advice on coping in our rapidly changing world. While society progresses, how can we deal effectively with the challenges posed by the environment, technology and economic development? Perhaps ancient wisdom and teachings can help us to maintain our sanity, equanimity and humanity in these intense times of change.

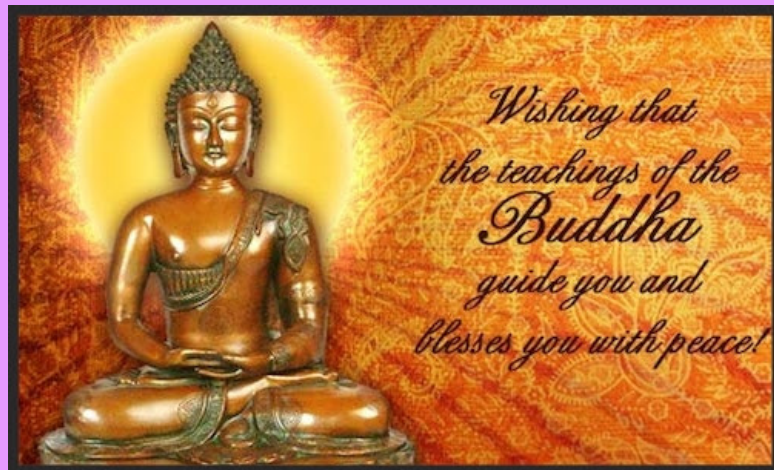
[Click here for locations and times](#)



## Vesak Full Moon Poya - 2014

To Celebrate  
The Threefold Significant

## CELEBRATING VESAK 2014



[Click here to read Sakyadhita  
Canada's Vesak greeting](#)

### THE MIND

Whatever an enemy might do  
To an enemy,  
Or a foe to a foe,  
The ill-directed mind  
Can do to you  
Even worse.

\*

Whatever a mother, father  
Or other kinsman  
Might do for you  
The well-directed mind  
Can do for you  
Even better  
Dhp III 42 - 43



The Importance of the way that we understand and use our minds can't be underestimated when we embark upon the path laid down by the Buddha. Often it seems more like we are directed by our mind than that we direct it, but the Buddha knew better and he devised a way to teach us how to realize this. He formulated his teaching as the Four Noble Truths, the fourth of which is The Noble Eightfold Path. This

Day for Buddhists all over  
the World  
The Buddhist Cultural  
Centre - Calgary  
Has scheduled the  
following program in  
Veneration of this Sacred  
Event

SATURDAY, MAY 17th  
2014

Children's Dhamma  
Program (Adults are  
welcome)  
Followed by  
Most Beneficial ATAVISI  
BUDDHA PUJA  
(Offerings & Chanting of  
Virtues of the Twenty-  
Eight Buddhas)  
5.00 pm to 6.30 pm  
Lighting of VESAK  
LANTERNS (Vesak  
Pahan Pujawa)  
& Festivities celebrating  
the threefold significant  
events in  
The Life of the Supreme  
Buddha  
At 7.00 pm

SUNDAY, MAY 18th 2014

The Inaugural Higher  
Precepts (ATASIL)  
program  
From  
8.00 am through 4.00 pm.

SUNDAY, MAY 25th 2014

Special Vesak Vandana  
Followed by  
An Insightful Glimpse into  
the Unique Wisdom of the  
Buddha  
"Gnana Vandana"  
(Chanting & Offerings to  
Buddha's Unique  
Wisdom)  
in English, Pali & Sinhala  
From  
5.00 pm to 6.00 pm  
All devotees & well-  
wishers are most welcome  
to participate  
in both spiritual and  
delightful events planned  
for this holy occasion .  
Buddhist Cultural Centre  
[639, 19th Ave NE.](http://www.wcbac.com)  
[Calgary](http://www.wcbac.com) Tel: 403 401  
4454, 587 333 5939  
Web: [www.wcbac.com](http://www.wcbac.com)

is further divided into three sections, Wisdom, Ethics and Concentration. It makes sense that this profound teaching starts with Wisdom --- The Wisdom of Right View; the understanding that what we think of as life is impermanent, unsatisfactory and not-self. And, the Wisdom of Right Intention; the intention of harmlessness, non-ill will and renunciation. These two principles are so essential to the Buddha's Path that without them it cannot be followed, but with them the following six principles fit seamlessly together. The division of these factors is purely a teaching tool, for in practice trying to separate them would be a hopeless endeavor. However, due to the current secular popularity of mindfulness and concentration, it is useful for those seeking release from Samsara to note the difference between the practice of mindfulness and concentration for stress reduction, and mindfulness as an aspect of the Buddha's teaching. To realize Nibbana, the Awakened state, mindfulness must be synchronized with Wisdom. It is necessary to see the impermanent, unsatisfactory and selfless nature of all things and to subsequently lose interest in them; to become disenchanted with them enough to lose all attachment to the delusional mind. The Buddha said that it is not necessary to become a disciple of his to arrive at this place, but it is necessary to see the way that "all things" are, and to release the mind from attachment to their false construct. Many Beings have achieved high ethical standards, and many have achieved deep levels of concentration, but without seeing the dependent nature of "all things" they stay firmly rooted in the ignorance of Being --- firmly rooted in Samsara. Mindfulness, joined with Wisdom, is the way out. As we walk the path to freedom from the impermanent and unsatisfactory nature of Samsara, the mind, once an enemy to peace is cultivated to become the greatest friend we could possibly have. It takes us from the realm of Death to the Deathless.

Sārani



**Sakyadhita Canada recently had its Annual General, and listed below is the board of directors for 2014. If you would like a copy of the minutes please contact:**

[info@sakyadhitacanada.org](mailto:info@sakyadhitacanada.org)

**Membership information is available on the website:**

<http://www.sakyadhitacanada.org>

**If you have any suggestions or comments we would love to hear from you, as well as any articles, pictures, poems etc that**

could be used on the website, or the (lunar) monthly net letter or on Face book.

There are many ways for you to share with, and support Buddhist women in Canada - so please reach out, be generous and let the Dhamma be the foundation for your life & especially your spiritual practice.

At this time we could use a volunteer for membership, Facebook and also a net letter assistant.

Look forward to hearing from you.

### **BOARD of DIRECTORS**

**April 2014**

President: Leslie Brown

Past President : Shirley Johannesen (Jayanta)

Vice President: Thich nu Tinh Quang

Treasurer: Bena Patel

Secretary: Myreene Tobin

Members at Large :

Donna Brown

Lisa Fancott

Ja Eun Sunim

Always new things to view on our

**FACE BOOK** pages

Simply click the box

